

# The Blue Sheet

## Unitarian Universalist Society of Sacramento Upcoming Activities & Announcements

### Sunday May 1

9:00am - UNA Board Meeting - Room 9  
9:30am - Nursery Care - Room 11  
9:30am - Activity Fair - Volleyball Court  
9:30am - USS Budget Forum - All Welcome! - Fahs Room  
9:45am - Labyrinth Walk - 1<sup>st</sup> Sunday - Labyrinth  
10:15am - Religious Education - Room 6, 7/8, 10 and 12  
10:30am - Sunday Worship Service - Sanctuary  
11:40am - Meet the Candidates - Welcome Hall  
11:45am - Kids Freedom Club Monthly Meeting- Room 6  
11:45am - Coming of Age Monthly Meeting - Fahs Room  
12:00pm - Theater One: *The Odd Couple* Tech Week - Main Hall

### Monday May 2

10:00am - Adult Enrichment: Chair Yoga - Fahs Room  
7:00pm - Adult Enrichment: Mat Yoga - Room 7/8  
7:00pm - Theater One: *The Odd Couple* Tech Week - Main Hall

### Tuesday May 3

10:00am - Ted's Web Discussion Group - Library  
6:30pm - Easing Awake Meditation - Fahs Room  
7:00pm - Theater One Monthly Meeting - Library  
7:00pm - Theater One: *The Odd Couple* Tech Week - Room 12

### Wednesday May 4

1:30pm - Women's Support Group - Library  
5:30pm - Silent Meditation - Room 6 - All Welcome!  
6:00pm - Religious Services Comm. Monthly Meeting - Library  
7:00pm - Theater One: *The Odd Couple* Tech Week - Main Hall

### Thursday May 5

11:00am - A.E. Age Challengers Meeting - Library  
2:00pm - Beginning Ukulele Activity Group - Room 9  
7:00pm - USS Choir Rehearsal - Fahs Room  
8:00pm - Theater One Presents: *The Odd Couple* - Main Hall

### Friday May 6

8:00pm - Theater One Presents: *The Odd Couple* - Main Hall

### Saturday May 7

9:30am - Beloved Conversations - Fahs Room  
8:00pm - Theater One Presents: *The Odd Couple* - Main Hall

### Sunday May 8

9:30am - Nursery Care - Room 11  
9:45am - QiGong & Tai Chi Chuan - 2<sup>nd</sup> Sunday - Labyrinth  
10:15am - Religious Education - Room 6, 7/8, 10 and 12  
10:30am - Sunday Worship Service - Sanctuary  
2:00pm - Theater One Performs: *The Odd Couple* - Main Hall

**Check the glass case by the office for Daily Schedule.**

**Visit our online calendar: <http://uuss.org>**

**Learn details about all activities in the Pathways brochure and the monthly Unigram newsletter.**

**Submit articles to [bluesheet@uuss.org](mailto:bluesheet@uuss.org) before 1:00pm on Wednesday, 65 word or less.**

**Good morning USS Families,**

We are happy to see you this morning! Room 11 Nursery is a fun place for our youngest to play. We open at 9:30 to provide child care for adults to attend Sunday Morning Spiritual Practice. Garden Day for Spirit Play and True Reflections this morning. Go check out the RE flowers and prayer flags in our UUrth Song CommUnity Garden soon. The Junior High Youth Group (JHYG) meets in Room 6 and the Senior High Youth Group (SHYG) in Room 12.

Stop by the RE Table at the Activity Fair today after service on the back patio and out on the volleyball lawn to learn more about our wonderful program and to explore ways you can help.

**Next Sunday:** Spirit Play, True Reflections, and SHYG. JHYG meets again on the last day of RE on May 22.

Mark your calendars for Religious Education teacher volunteer appreciation at the start of service on Sunday, May 22. Be sure to keep up with Summer RE ArtWorks announcements on the RE page of our USS website.

Happy Sunday!

-Miranda Massa, Religious Education Coordinator

## - CURRENT & UPCOMING ACTIVITIES -

**Activity Fair: Today** is your opportunity to make connections with activity groups here. Find new ways to serve USS, play and learn with fellow UUs, and help heal the world. Stroll from table to table, talk to group members, sample their snacks and read their hand-outs. Event begins after service, on the patio and lawn. [lisaderthick@gmail.com](mailto:lisaderthick@gmail.com).

**Budget Forum—today** 9:30-10:15am in the Fahs Room to discuss and answer questions about the proposed 2016-17 USS budget prior to the May 15 congregational meeting. All welcome.

**The Betty Nash Memorial Craft Group:** Mother's Day is next Sunday, and we have lovely hand-crafted gifts for her. Stop in the Welcome Hall and shop after the service. Proceeds go to the church general fund.

**Senior Fellowship (65+ or there about):** Social, community group for all seniors. May 7, Davis Arboretum Walk. Beautiful area to just walk and talk and learn about local plants and flowers in bloom. Carpool from church at 9:30am. Lunch at Whole Foods in Davis. Hosted by Jean Kohlhoff - 916-544-4014 or [jeaniek44@aol.com](mailto:jeaniek44@aol.com) for more info.

**Theater One presents:** *The Odd Couple*, May 6 to May 22. Ticket for Thursdays are \$10 and the other performances are \$15 general and \$13 students, seniors, and SARTA members. Thursday - Saturday at 8:00pm, Sundays at 2:00 p.m. We look forward to seeing you at the show!

**FREE TICKETS!** Do you want to see Neil Simon's classic comedy, *The Odd Couple*, for free? Sign up at the Theater One table after the service to sell tickets/concessions. The show runs May 6-22 on Thurs., Fri., & Sat. nights and Sun. afternoons.

**The USS Beginners Uke players:** Thursdays 2:00 - 3:30pm in Room 9. Cherie O'Boyle brings together folk interested in playing, this sweet instrument. If you would like to borrow a ukulele for a week or two, let us know. Contact [oboyle.cgo@gmail.com](mailto:oboyle.cgo@gmail.com), or [ljhoganson@gmail.com](mailto:ljhoganson@gmail.com) for more info.

**Call to Meeting-**semi-annual congregational meeting May 15, after the service. We will discuss and vote on our budget for 2016-2017 and elections of our leadership. Agenda will be available prior to the meeting. While only members may vote for candidates and on the budget, all are welcome to this open meeting. --Linda Clear, President, Board of Trustees.

**Join us at our annual UUSS All Ages Camp** June 10-12. Families, couples, singles, kids, and pets will all gather at Camp Norge. There is a grassy meadow for tent camping and rustic dorm rooms in the lodge. Hike, swim or just relax under a shady tree with friends. Register **today** after service. Contact Christopher Jensen at 916-541-5750 for info.

**Alliance Program:** May 12 at 10:45am. In the Fahs Room. Reservation required. Betty Crockford, will speak about Winston and Clementine Churchill's love letters. This is a side of Churchill that few people know. Who would ever have guessed that they were so in love. Their letters were called, "A Golden Thread of Love" and are now in the national archives. \$3 donation is suggested. All are welcome!

– **IN LOVING MEMORY** –

**In memory of Paula Ostrofe** - "Polly," a former member and volunteer, died April 19 at age 88 after a series of strokes. Her Celebration of Life is 2:00pm, Sat., May 14, at a relative's home in Sacramento. Please let her son Paul Hancock know if you plan to attend: [PACK@QNET.COM](mailto:PACK@QNET.COM) or (760) 920-0508. Memorial contributions in Polly's honor are welcome to the UUSS Heritage Fund. See obituaries in May Unigram and May 1 Sac Bee.

– **USEFUL INFORMATION** –

**Together We Share** - Remember to bring food items for the red Grocery cart! Contact Joan Rubenson at [joanndavid2@gmail.com](mailto:joanndavid2@gmail.com) or Virginia Dunstan at [vadunstan@aol.com](mailto:vadunstan@aol.com), for information.

**Sheriff's Detail Volunteers:** We are looking for volunteers every 3rd Saturday of the month. A Sheriff's Deputy, with 25 men and women, fulfill part of their community service obligation, here from 9:00 to 1:00pm. We monitor over 5 acres of property including grounds and buildings. Contact John at [mcmillanjohn@att.net](mailto:mcmillanjohn@att.net) for more info and to volunteer.

**Family Promise Week** - Come to the Family Promise table on the patio and sign up to help host "guest" families (5/15-5/22) (28) We appreciate your help with any of the following jobs Dinner, all or part Overnight Partner; Set up/Clean up; Laundry; Bring a supply Item. For more info., ask volunteers at table or email Barbara Hopkins, [barbhopkins2@yahoo.com](mailto:barbhopkins2@yahoo.com) or Nancy Oprsal, [noprsl@aol.com](mailto:noprsl@aol.com).

**3<sup>rd</sup> Sunday Sing-alongs** - Join Ina Jun, other pianists, our choir, and all who like to sing for a fun time around the piano during Coffee Hour the 3<sup>rd</sup> Sunday of the month. Favorite hymns and other songs, just for the joy of singing together. After service, greet a few folks--then come to the piano by noon!

– **OPPORTUNITIES TO SERVE** –

**Friends in Deed-** Our UUSS volunteers help congregants with rides, visits, emails or phone calls. For assistance, request form at the Connections Central table on Sundays. [susanlange.uu@gmail.com](mailto:susanlange.uu@gmail.com) or call (916) 686-1206 or on her cell- (650) 291-4603.

– **EXPLORING UNITARIAN UNIVERSALISM** –

**Members, Friends and Newcomers Join in for:**  
3<sup>rd</sup> Sunday of the Month 9:30 – 10:15, Fahs Room  
**May 15** - Social Justice - How do we live our values?

– **SUNDAY MORNING SPIRITUAL PRACTICES** –

**Join Us Before the Service**

9:45- 10:15 every Sunday (except 5<sup>th</sup> Sundays)

**1<sup>st</sup> Sunday - Labyrinth walk - Labyrinth**

**2<sup>nd</sup> Sunday - QiGong & Tai Chi Chuan - Labyrinth**

**3<sup>rd</sup> Sunday - Silent Meditation - Room 6**

**4<sup>th</sup> Sunday - Reflection on poetry and prose - Room 6**

– **ADULT ENRICHMENT** –

If you need a ride or wish to offer a ride to any event, there is a sign-up sheet at the Adult Enrichment table.

**Religious Humanism: A UU Spiritual Path**—class with Rev. Roger. What roles do awe, compassion, love, and hope have to play in the spirituality of Humanism? Mondays, 6:30 to 8:15 p.m., May 16, 23, 30. Sliding scale for course (\$20 to \$45), free to teens if registered. Please register by May 15 at Adult Enrichment table. See William Murry's book Reason and Reverence, available in Bookstore at coffee hour.

**Discussion Group Led by Rev Lucy** – *The Happiness Hypothesis*. Third week of May to explore this rich and rewarding book. The discussion is offered the 3<sup>rd</sup> Tuesday of the month at 1pm and the 3<sup>rd</sup> Wednesday of the month at 7pm. Contact Rev. Lucy [lucy@uuss.org](mailto:lucy@uuss.org).

**Yoga** by Paige Labrie. Try a first class for free. Monday Classes are \$8 each if you sign up for a two-month series or \$10 on a drop-in basis. All Welcome!

**Chair Yoga – Mondays, 10-11am-Fahs Room**

**Mat Yoga – Mondays, 7-8pm- Room 7/8**

**Women's Support Group** Wednesdays, 1:30-3:30pm. Please contact Lynn Carlson at [apriljade@comcast.net](mailto:apriljade@comcast.net) or (916) 719-2304 to get a weekly reminder of the meeting.

**Check the Sunday Connection table for upcoming activities and workshops.**

**Office Hours**

Monday thru Friday 8:30am to 5:00pm

– **CHURCH STAFF HOURS** –

**Rev. Roger Jones:** Good to make an appointment! Here Monday 11:00-2:00; Wednesday and Thursday 12:00-7:00. Study/writing on Friday, Saturday. Tuesday is day off.

**Rev. Lucy Bunch:** Tuesday, Wednesday and Thursday by appointment.

**Miranda Massa:** (RE Coordinator): Monday, Friday and Sunday mornings and by email.

**Michele Ebler:** (Bookkeeper): Monday thru Friday by appointment.

**Stanton Vedell:** (Communications and Facilities Coordinator): Sunday 8:00am to 4:30pm & Tuesday thru Friday, 9:30-6:00pm.

**Elaine Cooper:** (Receptionist): Monday thru Friday, 8:30am to 5:00pm.

**Keith Atwater** (Music Director): choir rehearsal Thursdays, 7:00-8:30pm and by appointment.

**Ina Jun** (Accompanist): at UUSS on Thursdays for Choir Rehearsal and Sundays.

**Childcare Providers:** Krystal Gollaher & Yer Chang, Sundays.

**Custodians:** Aaron Molina, Sunday thru Thursday and Miguel Neri, Friday, Saturday and Sunday.

Contact the office for more information:  
(916)483-9283, [office@uuss.org](mailto:office@uuss.org)